



CARAT steps up

New phase of CARAT exercise begins. See story on page A-5.



Model drivers

Base track offers Sailors, civilians the chance for 'hard driving.' See story on page B-1.

No 'Life and Leisure' July 2

Next week, there will be no Life and Leisure section in the Hawai'i Navy News. Instead, we will present a special RIMPAC section to welcome the Sailors who will be in Hawai'i for these exercises. The special section will feature sporting events from MWR, a look into the history of the RIMPAC exercises and an overview of the countries and assets involved with the exercise. On July 9, Hawai'i Navy News will return to its regular format. Please join us in welcoming the visiting U.S. Sailors and Sailors from around the world.

Aloha RIMPAC Sailors



Seven nations to participate in exercise

U.S. Third Fleet Public Affairs

Seven nations will participate in the region's largest international maritime exercise Rim of the Pacific 2004 (RIMPAC 04) scheduled June 29 through July 27 in the waters around the Hawaiian Islands.

This year's exercise is the nineteenth in a series of RIMPAC exercises conducted periodically since 1971. Over 40 ships, seven submarines, 90 aircraft and almost 18,000 Sailors, Airmen, Marines, Soldiers and Coastguardsmen will participate in RIMPAC training operations this summer.

RIMPAC 2004 brings together maritime forces from six Pacific Rim nations (Australia, Canada, Chile, Japan, Republic of Korea and the United States) along with the United Kingdom. Japan Maritime Self-Defense Force units will only participate in bi-lateral training with U.S. units.

RIMPAC is intended to enhance the tactical proficiency of participating units in a wide array of combined operations at sea. By enhancing interoperability, RIMPAC helps promote stability in the Pacific Rim region to the benefit of all participating nations. This year's exercise includes a variety of surface combatant ships, submarines, tactical aircraft, and amphibious forces. The exercise will include training in tactical proficiency, non-combatant evacuation operations, amphibious assault, anti-submarine warfare and humanitarian assistance training.

The United States Third Fleet, commanded by Vice Adm. Michael McCabe, is responsible for overall exercise coordination. Individual units remain under operational control of their respective national commanders throughout the exercise.

A RIMPAC Website containing details regarding exercise activities and imagery from exercise operations will be active during the exercise at www.cpf.navy.mil/rimpac2004.



U.S. Navy photo by PH3 Sara M. Coates
Sailors aboard the Japanese Submarine Narushio (SS 595) prepare to disembark the submarine as it arrives at Pearl Harbor, Hawai'i. Japan is one of several countries participating in this year's RIMPAC.

Paul Hamilton moves homeland missile defense closer to reality

Department of Defense Missile Defense Agency Public Affairs

Sailors from the Pearl Harbor-based USS Paul Hamilton (DDG 60) brought missile defense closer to reality Wednesday morning.

The ship's Aegis weapon system and SPY-1 radar detected and tracked an unarmed U.S. Air Force Minuteman III intercontinental ballistic missile launched from Vandenberg Air Force Base, Calif.

The ship's weapon system detected the friendly missile when it came above the horizon and tracked it for approximately 700 miles. The Aegis Ballistic Missile Defense (BMD) successfully transmitted Minuteman III trajectory data through the ballistic missile defense communications system to the Ballistic Missile Defense command and control center at the Joint National Integration Center in Colorado and to the Ground Based Midcourse Defense fire control system.

The Aegis BMD is part of the ballistic missile defense system being developed by the Missile Defense Agency, in cooperation with the U.S. Navy. The U.S. Air Force missile launch was an opportunity to test the ship's ability to provide surveillance and tracking of intercontinental ballistic missiles.



U.S. Navy photo
Crewmembers man the rails aboard the guided missile destroyer USS Paul Hamilton (DDG 60) as the ship returns to its homeport with the battle ensign and streamer flying. Paul Hamilton returned after being on deployment for nearly 10 months in support of Operation Iraqi Freedom.

When the ballistic missile defense system is initially deployed later this year, the Aegis weapon system data will provide fire control information to enable launch of a ground-based interceptor for homeland defense.

Paul Hamilton is one of five Pacific fleet guided missile destroyers that will be outfitted this calendar year with the Aegis BMD equipment and computer programs as part of the initial deploy-

ment of a limited missile defense capability.

MDA and the U.S. Navy will ultimately outfit 15 Navy destroyers with this long-range surveillance and track capability.

In addition, three Navy cruisers will be outfitted with an ability to engage short and medium range ballistic missiles with the Standard Missile -3.

Navy renews Y. Hata & Company contract

JO2 Devin Wright Staff Writer

Y. Hata & Company Ltd. of Honolulu had their \$13.6 million food distribution contract for the Armed Services renewed June 17.

Y. Hata is a wholesale food distributor, which supplies the Armed Services with all of it food except for produce, dairy and bread.

"I've been in the Navy for 16 years," said Culinary Specialist 1st Class (SW) James Burgess of Naval Station Pearl Harbor Hawai'i. "We used to get our food from a Navy supply center, which was basically generic brand goods. Now that we have our food distributed through a commercial venture, we receive name brand products, choice cut T-bone steaks and things like that. I've seen a change in service members frequenting the galley because they know we are a prime vendor," said Burgess. Burgess's business relationship with Y.Hata is a long-standing one.

"When I was stationed on



U.S. Navy photo by JO2 Devin Wright
CS2(SW) Pete Eala breaks out food supplied by Y. Hata & Company for Naval Station's daily rations.

the USS O'Kane (DDG 77) I was the storeroom custodian and I had to procure an order through Y. Hata," said Burgess. "It's been my experience that Y. Hata can get you anything under the sun. I remember when we were going to cook a meal in honor of Native American's and we

TRICARE changing July 1

Tripler Army Medical Center

Military beneficiaries on Oahu should notice very few changes July 1 when a new TRICARE contractor, TriWest Healthcare Alliance, takes over.

The new TRICARE contract will leave the basic benefit structure (TRICARE Prime, Extra, Standard and Plus) and enrollment unchanged. However, the national Health Care Information Line (HCIL) will not be available under the new regional TRICARE contracts.

Instead of the HCIL, TRICARE offers many options for beneficiaries to better manage health care and to take responsibility for their own health.

Active management of individual health care contributes to a higher quality of life for the entire family.

In every case, if anyone believes it is an emergency, call 911 first. If it is not an emergency, beneficiaries have a number of options available to access health care information and assistance:

When patients are looking for general information and want to learn more about a health care issue that affects their family, TRICARE has these general information options available 24 hours a day, every day of the week:

- TRICARE Online at www.tricareonline.com/. Go to "general health information" on the second page.

- WebMD through the TriWest Web site at www.triwest.com/.

- Call TriWest at 1-888-TRI-WEST (1-888-874-9378) to access the audio library. When individuals need more in-depth information or assistance in finding information, visit the Health Information Resource Center located on the first floor, "ocean-side" entrance of Tripler Army Medical Center. Staff is available to assist with researching medical topics during normal duty hours.

TRICARE Prime enrollees who need to speak to their primary care manager (PCM) during the

day (or the on-call provider after duty hours) for specific advice on symptoms they are experiencing at that point can contact their PCM in the following manner:

- If enrolled at Makalapa Branch Medical Clinic (BMC): Call 473-1880 or 473-1510 and select option 1 to contact a PCM during normal working hours or option 4 after duty hours.

- If enrolled at the Kaneohe Bay BMC: Call 257-3365 or 257-5041 to contact an individual PCM during normal working hours or call 473-1880 or 257-1510 after duty hours and select option 4.

- If enrolled at Camp H. M. Smith Medical Annex: Call 477-3773 to contact a PCM during normal working hours or call 473-1880 or 473-1510 after duty hours and select option 4.

- If enrolled at TAMC or Schofield Barracks: Call 433-2778 or your assigned clinic to schedule a same day appointment or leave a message for the PCM or on-call provider. For family practice, call 433-3300; adult medicine, 433-6641; pediatrics, 433-6697; Schofield Barracks family practice, 433-2778; or Schofield Barracks Tropic Lightning Clinic, 433-8225.

- If enrolled at Hickam Air Force Base, 15th Medical Group: Call 448-6000 to schedule a same day appointment, request a call back from a primary care team nurse, or contact the on-call provider after duty hours.

- If enrolled at Wahiawa Medical Annex: Call 653-5340 to contact a PCM during normal working hours or call 473-1880 or 473-1510 after duty hours and select option 4.

- If enrolled at a civilian Network PCM: Contact your PCM as directed by the PCM.

- If enrolled at any other military medical clinic: Contact your PCM or clinic appointment line as directed by individual PCM.

Beneficiaries not enrolled in TRICARE Prime should contact their civilian provider. For assistance in finding a PCM or learning about individual TRICARE benefits, call TriWest at 1-888-TRIWEST (1-888-874-9378) or visit a TRICARE Service Center.

Sea Cadets go through boot camp on Pearl Harbor

JO1 Daniel J. Calderón

Editor

A dozen Navy League Sea Cadets are currently going through their boot camp at locations on and around Naval Station Pearl Harbor.

The cadets are part of the Battleship Missouri Sea Cadets, Hawai'i Division. On the first weekend of the month, they drill at the Navy Reserve Center and on the third weekend, they spend time at the Battleship Missouri. Currently, new cadets are going through their boot camp initiation phase of training.

"The main goal is to help them become good citizens," said Senior Chief Storekeeper (SW/AW) Jack Herring, a volunteer with the Sea Cadet program. "We teach them self discipline, help them learn self-confidence and we also help them with their grades. They have to maintain good grades to remain with the program."

Sea Cadets are between 13 and 17 years old and in high school. There is also a League Cadets program for kids between 11 and 13 years old. Sea Cadets are grouped nationwide into divisions. The national Sea Cadet website is www.seacadets.org. From there, there are links to states that have Sea Cadet divisions and points of contact for the divisions.

Janet Rowell, who works at Commander Pacific Fleet, is the commanding officer of the Sea Cadet Division here. Rowell has been an official member of the Sea Cadets since September 2002, but has been working with them since August 2001. Currently, Rowell is a lieutenant junior grade in the Sea Cadets and said she appreciates all the cooperation the division has received.

"The reserve center has been tremendous in their support," she said. "They've been gracious enough to supply [a building] to us. It's got bathrooms, class facilities and storage for our uniforms."

In addition to storage space and room to conduct classes, Navy members volunteer their time to train the cadets.

"I enjoy it," said Hospitalman Sean Moaratty of Combat Service Support Group 3 at Marine Corps Base Hawai'i, Kaneohe Bay. "I like it because it allows us to instill a little bit



U.S. Navy photo by JO1 Daniel J. Calderón
Marine Sgt. Clinton Schwarz (right) watches as HN Sean Moaratty instructs a group of Navy Sea Cadets at Quick Field on Naval Station Pearl Harbor.

of the military life into the kids, but not so much that it turns them off. I think it's an excellent program."

Members of the Sea Cadets volunteer for the program. There are dues involved, but Rowell pointed out the local Navy League supports most of the costs. Members of the Sea Cadets division say they appreciate the chance to be a part of the organization.

"It's a lot of fun," said 14-year-old David Rowell who has been involved with Sea Cadets for four years. "You get to go on ships and sometimes you get to shoot guns. I would definitely encourage others to join."

Cadet Angela Hurd, a 15-year-old high school student who will begin her sophomore year when school resumes, said she enjoys everything about the Sea Cadets.

"It's just really cool," she said. "I've gotten to do firefighting training on the [Battleship] Missouri. I was the first person to get into the suit correctly and get up and down the stairs. We also had medical training and I had to fix a bandage on a guy with a pretend broken arm."

Hurd's father is in the Navy. Her father is currently deployed.

"I miss him," she said. "I wish he would come back."

Hurd said the Sea Cadets have given her the chance to relate to him on a new level.

"I've definitely gotten a better appreciation for his job," she said.



U.S. Navy photo by JO1 Daniel J. Calderón
SKCS(SW/AW) Jack Herring, a volunteer with the Sea Cadets, shows a cadet the proper method for folding dungaree shirts.

"Before I joined, it was like 'Oh yeah, my dad's in the Navy.' Now, we sometimes have competitions for who has the best uniforms and stuff."

The Sea Cadets will conduct their boot camp through next week. Classes will include knot tying and other seamanship courses. In addition, there will be instruction in drills and ceremonies and a full regimen of physical training. The 2004 boot camp graduation ceremonies will be July 2 at 11 a.m. at the Navy Reserve Center on Peltier Ave.

Hawai'i Navy News Editorial

Commentary

For Your Security and Safety

Karen S. Spangler, Assistant Editor

karen.spangler@navy.mil

Urban legends are prevalent, but take precautions

A variety of "urban legends" have been circulating via email since 9/11. One of the legends that has been disseminated is with regard to the large purchase of about \$32,000 in UPS uniforms over Ebay. According to the information provided, this could represent a serious threat as bogus drivers, or terrorists, could drop off anything to anyone and with dire consequences.

In checking with Navy Region anti terrorism/force protection (ATFP) officials, we learned that companies frequently sell surplus uniforms – UPS uniforms, police uniforms, etc. – to other customers and this is often through the Internet. However, the ATFP official explained that the uniforms are sold plain and do not have any logos or identification, such as police, UPS, etc., attached to them.

Still, it's important to be aware and to exercise caution to protect ourselves and our families. If you have any questions when a UPS driver or any other delivery person or worker appears at your door, they should be able to furnish valid I.D. Also remember that if someone in a UPS uniform comes to your house or office to make a drop off or pickup, make absolutely sure they are driving a UPS truck. UPS doesn't make deliveries or pickups in anything except a company vehicle.

In any situation that seems suspicious or if you have a problem, immediately call base security or the local law enforcement agency.

Joint Chiefs of Staff guide 5260, "Service Member's Personal Protection Guide: A Self-Help Handbook to Combating Terrorism," provides a general security checklist with the following precautions:

- Instruct your family and associates not to provide strangers with information about you or

your family.

- Avoid giving unnecessary personal details to information collectors.

• Be alert to strangers who are on government property for no apparent reason. Report all suspicious persons loitering near your residence or office. Attempt to provide a complete description of the person and/or vehicle to police or security.

• Vary daily routines to avoid habitual patterns. If possible, fluctuate travel times and routes to and from work.

• Always advise family members or associates of your destination when leaving the office or home and the anticipated time of arrival.

• Don't open doors to strangers.

• Memorize key phone numbers – home, office, police, security, etc.

• Be cautious about giving out information regarding family travel plans or security measures and procedures.

Residents are the best observers in their own neighborhoods since they usually know who lives in the community or visits regularly and are alert if they notice a stranger. It may be no cause for alarm, but it never hurts to exercise a little caution. It is best to err on the side of caution – if it doesn't look right, report it.

You can also be helpful by cooperating with the security personnel at the base gates in providing the proper identification and ensuring that your vehicle has the proper decals. This is the first line of defense in protecting base facilities and the personnel who work here.

Keep the situation in perspective, but...be aware, be alert, use common sense and report anything that seems suspicious.

If you have a security or safety question or concern, please send us an email or a fax and we'll obtain an answer.

Mahalo to HNN

The NALC (National Association of Letter Carriers) in conjunction with the United States Postal Service would like to extend a sincere "mahalo" to you and your staff at the USN for your support of our recent National Association of Letter Carriers 12th Annual Food Drive.

On Saturday, May 8, over 240,000 letter carriers in over 10,000 cities and towns across the U.S., Puerto Rico, Guam and the Virgin Islands came together once again to conduct the largest single day food drive in the nation.

On June 3, in coordination with "National Hunger Awareness Day," the NALC was proud to release a new national record of 70.9 million pounds of food collected on the routes, surpassing last year's total by 10 million pounds.

Locally, a new Hawai'i state record was also set

with a grand total of 336,704 pounds, surpassing the prior total by 28,348 pounds.

What an amazing accomplishment!

JOSN [Ryan] McGinley, again, thank you and your staff at the Navy Region Hawai'i office for supporting our efforts to "Stamp out Hunger."

Our drive could not be so successful without the assistance of our local media partners and so many community volunteers.

Going the extra mile in order for our story to make a one-day deadline was also very much appreciated! Great job!

Sincerely,
Rudy R. Salazar
Hawai'i state co-chair
NALC Food Drive 2004

Bruce McDowell
Hawai'i state co-chair
NALC Food Drive 2004

Wade Teraoka
Hawai'i State co-chair
NALC Food Drive 2004

RIMPAC is our chance to be good hosts

Commentary
JO1 Daniel J. Calderón

Editor



It's time once again for the Rim of the Pacific maritime exercise. Seven nations will join in the waters around Hawai'i to play wargames.

They won't spend all the time at sea, though. Sailors from around the Pacific will be on and around Naval Station Pearl Harbor. It's likely they'll be out looking for fun. I know I always enjoyed liberty in a foreign port.

It's our job, as hosts, to make sure they have a good time. It's also our job to help make sure they are safe and taken care of while they are here.

I'm not saying we have to hold their hands and drive them from point A to point B and everywhere they want to go.

That would be asking for too much.

Instead, I think we should treat them like friends who have come to our homes to visit. The NEX and the swap meet are two places that I like to take friends and family when they visit me. I'm sure you have your own favorite hang outs.

If you see foreign Sailors, you can walk up and say hello. I doubt they'll be offended. You can ask if they'd like to go out to lunch or if they'd like to go and grab a soda or something after work.

Talking enlisted to enlisted, I think they'll be fine with hanging out and exchanging sea stories.

For those of you who haven't been overseas yet, you'd be amazed at how much people in other countries are genuinely interested in what we do for fun. Also, just talking to Sailors from overseas, you can gain a greater appreciation for the culture and you'll be better prepared for when you do finally get the opportunity to venture out there.

For those of us who have been to

Ohana Line

Commentary

I am a servicemember who flew a flag over the Arizona Memorial. How do I obtain a certificate of authenticity?

Requests for USS Arizona flag raising certificates must be sent to the Career Information Center, Naval Station Pearl Harbor, 850 Ticonderoga St., Suite 100, Pearl Harbor HI 96860-5102, phone (808) 473-5831.

Where can I purchase a flag flown over USS Arizona Memorial?

The Fleet Reserve Association, Pearl Harbor-Honolulu Branch 46, Inc. and the Arizona Memorial Museum Association both provide U.S. flags that are flown over the Arizona Memorial.

Fleet Reserve Association can be contacted by phone at (808)422-2121, by fax (808)423-6067 or via e-mail at flagsb46@aloha.com.

Arizona Memorial Museum Association can be contacted by phone at (808)422-5664, ext 117 or 110 or through their website at <http://www.weblane.com/arizonamemorial/bookstore/>.

My husband's just gone out on deployment. How can I send an emergency message to him while he's at sea?

The American Red Cross, Hawai'i state chapter provides emergency communications to members of the Armed Forces, veterans, their families and civilians.

They are located at 1255 Makalapa Gate, Suite 200, Pearl Harbor HI 96860. For messages going to servicemembers stationed in Hawai'i, please call the toll-free number 1-877-272-7337.

For servicemembers not stationed in Hawai'i, call (808)473-3155.

Hawai'i Sailors 'talk story'

Fire Controlman 1st Class (SW) Steven Hunt

Fire Controlman 1st Class (SW) Steven Hunt, from Naval Brig Pearl Harbor at Ford Island, won't be caught indoors on a sunny day.

He enjoys participating in any kind of athletic activity, and being stationed in Hawai'i provides him plenty of opportunities.

"You can't beat the weather out here," said Hunt. "It's a great place to be active." Walking his two dogs, Pete, a Jack Russell terrier, and Leo, a silky terrier, is just one way Hunt soaks up the sun.

"I like to scuba dive and play tennis, also. I enjoy doing anything outdoors," said Hunt.

Hunt, originally from Nampa, Idaho, joined the military for the educational benefits. He has taken advantage of this

and will have his associates degree after completing two more classes.

In addition to this accomplishment, Hunt will soon add the title of "father" to his resume. He and his wife, Christina, are expecting their first child, a son, at the end of July.

"I'm very excited about it and a little scared," Hunt admitted.

Hunt and his wife are both looking forward to sharing the exhilaration of having a newborn with family members from the mainland who are coming to visit when their baby boy is born.

"There will definitely be family coming to Hawai'i when the baby is born," said Hunt. "They don't want to miss this."

Faced with this new responsibility, Hunt appreciates even more

Vital statistics

Name:
Steven Hunt

Hometown:
Nampa, Idaho

Duty station:
Naval Brig Pearl Harbor

Job:
Corrections Specialist

Favorite part of the job:
The opportunity to see and live in all kinds of different places.



Photo by Kamie Allmon
Steven Hunt enjoys walking his dogs while on liberty.

live in all kinds of different places," said Hunt. "I also feel that it is important to serve my country and I'm glad to do it."

Welcome TriWest

Commentary
by Col. Stephanie A. Marshall

Commander,

Tripler Army

Medical Center TRICARE

Senior Market Manager,

Hawai'i



to our patients as Hawai'i's civilian TRICARE partner.

TriWest brings eight years of military health system experience to Hawai'i. Its leaders are committed to providing customer-focused service as they do "whatever it takes" to deliver access to world-class health care to our nation's finest.

We are pleased with the ongoing transition from Healthnet to TriWest. Our goal is to continue to deliver outstanding, uninterrupted care to our patients.

The majority of changes is "behind the scenes" and designed to make our strong TRICARE program even better.

You may visit the TRICARE Center, located on the first floor oceanside, C wing. TriWest provides additional information on its website, www.triwest.com, and by calling 1-888-TRIWEST.

Please join me in welcoming TriWest Healthcare Alliance Corporation, our new TRICARE partner, to the Tripler ohana.

TriWest officially assumes responsibility as the TRICARE contractor on July 1, but TriWest staff members have been busy transitioning with their Healthnet counterparts for several weeks.

We'd like to take this opportunity to thank Healthnet Federal Services for all the outstanding services provided

STORY IDEAS?

Contact the HNN editor for guidelines and story/photo submission requirements:

Phone: (808) 473-2888

Email: hnn@honoluluadvertiser.com

Hawaii Navy News

Hawai'i Navy News

Commander, Navy Region Hawai'i - Capt.
Ronald R. Cox

Public Affairs Officer - Lt. Cmdr. Jeff Davis

Deputy Public Affairs Officer - Agnes Tauyan

Public Affairs LCPO/Managing Editor

JOC(SW) Joe Kane

Editor - JO1 Daniel J. Calderón

Assistant Editor - Karen Spangler

Staff Writer - JO2 Devin Wright

Staff Writer - JOSN Ryan C. McGinley

Staff Writer - Lacy Lynn

Staff Writer - Kamie Allmon

Technical Adviser - Joe Novotny

Layout/Design - Angie Batula

Hawai'i Navy News is a free unofficial paper published every Thursday by The Honolulu Advertiser, 605 Kapiolani Blvd., Honolulu, Hawai'i, 96813, a private firm in no way connected with DoD, the U. S. Navy or Marine Corps, under exclusive contract with Commander, Navy Region Hawai'i.

All editorial content is prepared, edited, provided and approved by the staff of the Commander, Navy Region Hawai'i Public Affairs Office: 850 Ticonderoga, Suite 110, Pearl Harbor, Hawai'i, 96860-4884. Telephone: (808) 473-2888; fax (808) 473-2876; e-mail address: hnn@honoluluadvertiser.com World Wide Web address: www.hawaii.navy.mil.

This civilian enterprise newspaper is an authorized publication pri-

marily for members of the Navy and Marine Corps military services and their families in Hawai'i. Its contents do not necessarily reflect the official views of the U. S. Government, the Department of Defense, the U.S. Navy or Marine Corps and do not imply endorsement thereof.

The civilian publisher, The Honolulu Advertiser, is responsible for commercial advertising, which may be purchased by calling (808) 521-9111.

The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement of the products and services advertised by the Department of Defense, the U.S. Navy or Marine Corps, Commander, Navy

Region Hawai'i or the Honolulu Advertiser.

Everything advertised in this paper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

A confirmed violation of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source.

Hawai'i Navy News is delivered weekly to Navy housing units and Navy installations throughout Oahu. Housing residents may contact the publisher directly at (808) 538-NEWS (538-6397) if they wish to discontinue home delivery.

Ready, set ... hurricane

(Part 3 of 4)
Karen S. Spangler
Assistant Editor

What if a hurricane is on a course headed for Hawai'i and expected to hit the islands? What do you do? You have formulated a disaster plan and by now, you and your family are quite familiar with it. You know exactly what to do in the event of an emergency. Your family will cope best if they are prepared for disaster before it strikes.

If you haven't already gathered what you need for your disaster kit, do it – now.

Remember, there are six basics that you should stock for your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items. Keep enough supplies in your home to meet you and your family's needs for at least three days. You should also assemble supplies that you will need if you have to evacuate. A complete list of essential supplies can be viewed on COMNAVREGION Hawai'i's web site at www.hawaii.navy.mil.

When a hurricane threatens, you will have to decide whether you should evacuate or whether you can ride out the storm at home in safety. The ultimate decision to stay or leave will be yours. Usually, only residents who live in low-lying coastal areas will be asked to evacuate. You can usually stay home if your residence is sturdy and located away from the coast.

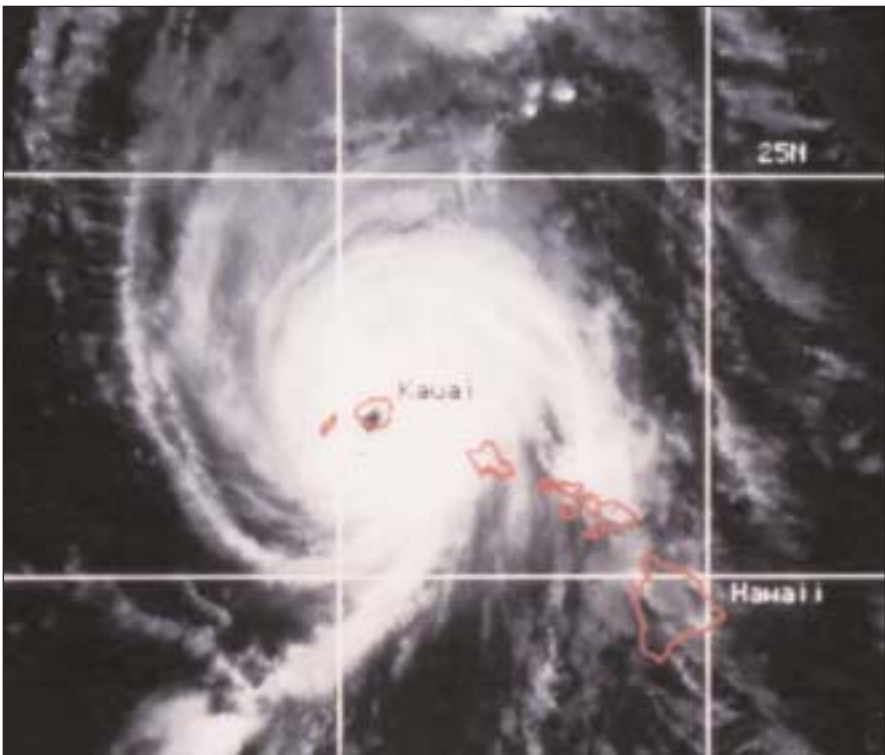
Many Navy housing residents will not need to evacuate their homes due to the structural integrity of the home and its geographic location. However, residents of the following areas may need to evacuate: Ford Island, Hale Alii, Halsey Terrace, Hospital Point, Iroquois Point, Little Makalapa, Lualualei, Maloelap, Manana, McGrew Point, Puuloa and Red Hill. If evacuation is called for, security police will go through neighborhoods alerting residents.

These are some general guidelines when determining whether or not to evacuate:

- If you live on the coastline, plan to leave.
- If you live near a stream or in a flood plain, plan to leave.
- If you live in a sturdy structure and away from coastal and rainfall flooding, consider staying at home.

Stay tuned to radio, television and NOAA weather radio for official bulletins.

Leave early, in daylight if possible. If you need to evacuate, wear protective clothing and sturdy shoes. Leave food and water for pets; you cannot take them to the shelter with you.



This image of Hurricane Iniki from Sept. 11, 1992 shows the hurricane over the Hawaiian islands.
Image courtesy of NOAA

Lock up your house. Drive carefully to the nearest designated shelter using recommended evacuation routes. Don't try to take short cuts or secondary routes as they may become impassable or dangerous.

If you have time, shut off your water and electricity at the main shutoffs.

Take small valuables, important papers and your disaster kit, but travel light. Your disaster kit should include basic supplies, stored in sturdy, easy-to-carry containers such as backpacks, duffle bags or covered trash containers. These items are not provided at the shelters.

In your disaster kit, include the following:

- A three-day supply of water (one gallon per person per day) and food that won't spoil.
- One change of clothing and footwear per person and one blanket or sleeping bag per person.
- A first aid kit that includes your family's prescription medicines.
- Emergency tools including a battery-powered, radio, flashlight and plenty of extra batteries.
- An extra set of car keys and a credit card, cash or travelers' checks.
- Sanitation supplies.
- Special items for infant, elderly or disabled family members.
- An extra pair of glasses.
- Important family documents in a waterproof container.

If it is necessary to evacuate, evacuation shelters will be opened selectively, depending on the severity of the storm. Listen to radio and televi-

sion for shelter designations and opening schedule. A complete listing of Oahu shelters is provided in the information box with this story and can also be viewed on the COMNAVREGION Hawai'i web page www.hawaii.navy.mil under hurricane information.

Don't wait until a hurricane is approaching to find out which shelters are closest to you. Know where they are ahead of time and how to reach them.

The accompanying table lists the evacuation shelters that are closest to Navy family housing areas.

More information about hurricanes and guidelines on hurricane preparedness may be found on Navy Channel 2 and on the COMNAVREGION Hawai'i web page: www.hawaii.navy.mil. The web page includes links to other sites that give helpful information about hurricane preparation.

Your family housing Resident Handbook also provides guidelines on disaster preparedness and evacuation. The front pages of your Oahu telephone directory are another valuable resource for information on hurricane preparation.

You may also obtain up-to-date information by calling: Oahu Civil Defense recorded information at 527-5372 and National Weather Service recorded advisories at 973-4381. Listen to the weather advisories on local radio and television stations.

August is generally the worst month for hurricanes, but a hurricane could come at anytime.

Hurricane shelters on Oahu

Shelters will be opened selectively depending on the severity of the incident.

Listen to radio and television for shelter designations and opening schedule.

North Shore (Kaena Point - Kahuku)
Kahuku High
Kahuku Intermediate
Waialua High
Waialua Intermediate

Leeward coast (Makua – Waipahu and vicinity)
August Ahrens Elementary
Campbell High
Ewa Elementary
Honowai Elementary
Ilima Intermediate
Kaimiloa Elementary
Kaleiopuu Elementary
Kamaile Elementary
Kaneolani Elementary
Kapolei Elementary
Leihoku Elementary
Maile Elementary
Makaha Elementary
Makakilo Elementary
Maukalani Elementary
Nanakuli Elementary
Nanakulu
Intermediate
Nanakuli High
Pohakea Elementary
Waianae Elementary
Waianae Intermediate
Waipahu Elementary
Waipahu High
Waipahu Intermediate

Salt Lake - Punchbowl (and vicinity)
Dole Middle
Farrington High
Kaahumanu Elementary
Kaiulani Elementary
Kalakaua Middle
Kalihi-Kai Elementary
Kalihi-Uka Elementary
Kalihi Valley District Park
Kalihi-Waena Elementary
Kapalama Elementary
Kauluwela Elementary
Kawananakoa Middle
Lanakila District Park
Lanakila Elementary
Likelike Elementary
Linapuni Elementary
Maemae Elementary
Makiki District Park
Neal Blaisdell Center
Nuuanu Elementary
Pauoa Elementary
Puuhale Elementary
Roosevelt High
Royal Elementary
Stevenson Middle

Central Oahu (Wahiawa - Mililani and vicinity)
Helemano Elementary
Iliahi Elementary
Kaala Elementary
Kipapa Elementary
Leilehua High
Mililani High
Mililani Mauka Elementary
Mililani Middle
Mililani-Uka Elementary
Wahiawa Elementary
Wahiawa Middle

Pearl City - Salt Lake

(and vicinity)
Aiea District Park
Aiea Elementary
Aiea Intermediate
Aiea High
Aliamanu Intermediate
Halawa District Park
Highlands Elementary
Lehua Elementary
Makalapa Elementary
Moanalua Elementary
Moanalua Intermediate
Moanalua High
Palisades Elementary
Pearl City District Park
Pearl City High
Pearl City Highlands Intermediate
Pearl Harbor Kai Elementary
Pearlridge Elementary
Radford High
Red Hill Elementary
Salt Lake Elementary
Waiau Elementary
Waimalu Elementary
Webling Elementary

Salt Lake - Punchbowl (and vicinity)
Dole Middle
Farrington High
Kaahumanu Elementary
Kaiulani Elementary
Kalakaua Middle
Kalihi-Kai Elementary
Kalihi-Uka Elementary
Kalihi Valley District Park
Kalihi-Waena Elementary
Kapalama Elementary
Kauluwela Elementary
Kawananakoa Middle
Lanakila District Park
Lanakila Elementary
Likelike Elementary
Linapuni Elementary
Maemae Elementary
Makiki District Park
Neal Blaisdell Center
Nuuanu Elementary
Pauoa Elementary
Puuhale Elementary
Roosevelt High
Royal Elementary
Stevenson Middle

Punchbowl – Waialae (and vicinity)

Aliiolani Elementary
Anuenue Complex
Hokulani Elementary
Jefferson Elementary
Kaahumanu Elementary
Kaimuki High
Kaimuki Middle
Kuhio Elementary
Liholiho Elementary
Liliuokalani Elementary
Lunalilo Elementary
Manoa Elementary
McKinley High
Neal Blaisdell Center
Noelani Elementary
Palolo Elementary
Roosevelt High
Stevenson Middle
Waialae Elementary
Waikiki Elementary
Washington Middle
Wilson Elementary

Aina Haina - Hawai'i Kai (and vicinity)
Hahaione Elementary
Kaiser High
Kalani High
Kamiloiki Elementary
Koko Head Elementary
Niu Valley Middle

Windward coast (Kahuku – Makapuu Point)
Ahuimanu Elementary
Castle High
Enchanted Lake Elementary
Heeia Elementary
Kahaluu Elementary
Kahuku High
Kahuku Intermediate
Kailua Elementary
Kailua High
Kailua Intermediate
Kainalu Elementary
Kalaheo High
Kaneohe Elementary
Kapunahala Elementary
King Intermediate
Lanikai Elementary
Maunawili Elementary
Parker Elementary
Pope Elementary
Puohala Elementary
Waiahole Elementary
Waimanalo Elementary and Intermediate

Crommelin rescues fishermen adrift at sea



U.S. Navy photo by PH1 Robert Foster

Two SH-60F Seahawks assigned to the "Easy Riders" of Light Helicopter Anti-Submarine Squadron Three Seven (HSL-37) approach the guided missile frigate USS Crommelin (FFG 37) to join the ship as it departs on a scheduled six-month deployment.

OS1 Daniel W. Roberts
Commander, U.S. Naval Forces Southern Command Public Affairs

The guided-missile frigate USS Crommelin (FFG 37) rescued three fishermen south of Costa Rica on June 11.

Don Luis II, a Costa Rican fishing vessel, had been adrift for 17 days after one of two batteries aboard exploded. Two maritime patrol aircraft, working in conjunction with Crommelin, discovered the vessel.

Easy Rider 57, an SH-60B Seahawk helicopter from Crommelin's air department, provided initial reporting on the condition of the distressed vessel. Crommelin's rescue and assistance team, augmented with members of U.S. Coast Guard Law Enforcement Detachment (LEDET) 102, boarded Don

Luis II in an attempt to make repairs.

Once aboard, the team replaced the faulty batteries and worked throughout the night to repair Don Luis II, but was unsuccessful.

"I don't even know how they got underway. That boat had quite a few problems," said Engineman 1st Class Bryant D. Dillenger of Siler City, N.C. "The engine was covered in oil and fuel, and there was a large amount of fuel in the bilge."

On June 12, the fishing vessel's master decided to abandon the Don Luis II and requested to embark Crommelin.

The three fishermen were taken aboard, fed and given a full medical examination, fresh clothes and bedding. The abandoned boat was sunk to prevent it from becoming a hazard to navigation.

"When we saw how far out

to sea we were drifting, we had hope of being rescued," said Ehudy Gomez Vargas, the master of the fishing vessel. "We knew the U.S. Navy and Coast Guard patrolled these waters and, eventually, they would find us."

"I was surprised to see them in as good condition as they were," said Signalman 3rd Class Samir D. Patel of Mesa, Ariz. "They were healthy and in good spirits."

At approximately midnight on the morning of June 13, Crommelin rendezvoused with a Costa Rican patrol boat inside Costa Rican territorial waters and transferred the fishermen to the patrol boat to be delivered safely home.

Before departing, the master of Don Luis II thanked the Sailors and Coast Guardsmen. "I don't know where we'd be if you hadn't found us," said Vargas.

USS Pasadena change of command



U.S. Navy photo by J03 Corwin Colbert

Cmdr. John Heatherington is piped ashore after assuming command of USS Pasadena (SSN 752). Heatherington relieved Cmdr. Donald Fritts Jr. during a change of command ceremony June 18 at Pearl Harbor Naval Station's submarine piers.

Reuben James hosts students

Ensign Anne Gibbon
USS Reuben James Public Affairs

For a few hours in June, USS Reuben James (FFG 57) became a classroom and its Sailors were the teachers.

Seventy-five second graders from Holy Family Catholic Academy came to the ship to learn about life on a frigate, a few history lessons and the life of Boatswain's Mate Reuben James.

The tour was especially significant to the students due to their connection with Reuben James during its recent deployment to central and South America.

While away from home-port, the ship kept in touch with second graders through emails and pictures showing them underway and high-lights from their port visits in Panama City, Panama, Manta, Ecuador and Mazatlan, Mexico.

Sailors from every rate aboard the ship volunteered their time to ready their spaces and show the children what it takes to serve aboard a warship in today's Navy.

"The kids were great to have on the ship during their visit and I enjoyed showing them some of the weapons that we use here onboard Reuben James," said Gunner's Mate 2nd Class (SW) Jonathan Manley. "I

really enjoyed their enthusiasm to learn about our guns and how we used them."

The children, parents and teachers boarded the ship at nine o'clock ready for their tour. Cmdr. John Figuerres, Reuben James' commanding officer, first welcomed the children to his ship, invited them to ask questions and gave them a quick brief on ship safety for eight-year olds before sending them with their tour guides.

Sailors from every rating showed the children their ship. They took them to view the main engine room where each group of children was shown the two enclosures that each house a gas turbine engine, the propulsion for the ship. From there, the students were given a demonstration on how the ship's company fights fires and flooding.

They watched as damage controlmen charged fire-fighting hoses and demonstrated their skills. A few students also tried on the fire suit worn by ship's personnel in the event of a fire. After the demonstration on the flight deck, the students were led to the wardroom to learn more about the Sailor, Reuben James.

As the tour guides spoke about the bravery of Reuben James as he fought under Stephen Decatur in the Barbary Wars, the children

were able to look around the wardroom at the historical prints on the bulkheads. Displayed are portraits of Reuben James, his ship USS Philadelphia, a painting of fighting against the Barbary Pirates in Tripoli harbor, and a painting of USS Arizona.

Other stops on the ship included the captain's cabin, the pilot house and the 02 level where gunner's mates displayed the weapons the crew uses to defend themselves and the ship.

The second graders all climbed into the helmsman's seat to see the ship's wheel, excited to take at least simulated control of something greater than a two-wheeled bike. The tour concluded on the foc'sle with cookies, juice and a slide show of pictures from the ship's recent counter-narcotics deployment to the Eastern Pacific.

Although the second graders said they loved their tour of a modern-day warship from the perspective of her Sailors, the Sailors stated that they benefited most from opening up their workshops and spaces to excited students.

"It was truly a joy to show all the kids what we do on a day-to-day basis here on the ship," said Damage Controlman 3rd Class Nokuse Long, "and to help them learn what the Navy is all about."



U.S. Navy photo by J0C Melinda Larson

Aboard USCGC Mellon, Brunei Darussalam, Ens. Ken Burgess (right) damage control assistant on board the U.S. Coast Guard cutter Mellon (WHEC 717), and a Royal Brunei Navy (RBN) Sailor, adjust the straps of an oxygen breathing apparatus (OBA) for another RBN Sailor during a damage control symposium aboard the Mellon June 22. After donning OBAs, RBN Sailors were led into a darkened space where smoke and sound effects awaited them during the realistic firefighting training scenario.

U.S., Royal Brunei navies begin second phase of CARAT 2004

JOC Melinda Larson
CARAT Task Group Public Affairs

The Brunei phase of the annual Cooperation Afloat Readiness and Training (CARAT) exercise series began June 21 with the arrival of the five-ship U.S. CARAT Task Group and an opening ceremony officiated by the commander of the Royal Brunei Navy (RBN) at his headquarters.

"We are very thankful to the United States Navy for continuing to provide us with the opportunity to exercise and gain knowledge from the world's most modern and sophisticated Navy," said Col. Joharie Bin Haji Matussin, commander of the RBN.

Joharie's remarks were made to a small group of U.S. and RBN officials, including Rear Adm. Kevin Quinn, commander of Task Force 712 and the U.S. Navy's executive agent for CARAT; Capt. Buzz Little, commander of Destroyer Squadron One and the CARAT Task Group; and Commodore Little's counterpart, Lt. Col. Abdul Aziz Bin Haji Mohd Tamit, RBN's fleet commander.

During CARAT Brunei, more than 1,400 personnel from the U.S. Navy, U.S. Coast Guard and the Royal Brunei Armed Forces - primarily the RNB - along with nine ships and a variety of aircraft, will take part in an assortment of exercise events ranging from at-sea gun shoots to in-port damage control and diving symposiums.

Although this is the tenth year of CARAT, 2004 marks the sixteenth consecutive year the USN and RBN have exercised together, dating back to the Kingfisher exercise series.

CARAT began in 1995 by combining a number of existing naval exercises with Southeast Asia nations into a sequential series of exercises conducted by a single U.S. Navy task group.

"From practicing simple seamanship and communications evolutions, the serials planned have progressed to complex multi-dimensional warfare scenarios," Joharie said.

The underway phase of the exercise will include a combined RBN/USN embarked staff on USS Russell (DDG 59) and for the first time in the history of CARAT Brunei, the Portable Allied Command, Control, Communications Terminal (PAC3T) system will be used to provide exercise officers manning the CARAT exercise headquarters ashore with a "common operational picture" during the underway phase. PAC3T includes a monitor display with maps that allow the visual tracking of assets, such as ships.

In addition, the USN will demonstrate the advantages of the Combined Enterprise Regional Information Exchange system (CENTRIX) to the RBN. CENTRIX allows U.S. ships and partners to share secure email and also offers "chat" capabilities common during U.S. Navy operations.

Brunei is the second in the five part CARAT series. Other phases this year include Thailand, Malaysia and the Philippines. The Singapore phase was conducted May 31-June 11. While each country's phase differs based on the desires of CARAT partners, the general focus is on inter-operability of sea services in areas such as operational

planning, command and control, tactics, logistics support, and maritime law. Community service projects are scheduled as well.

"Apart from providing professional interactions and exchanges of ideas, this exercise also encourages social interactions and strengthens friendships between personnel of both navies, and effectively, the armed forces of both nations," Joharie added.

Brunei Darussalam, an Islamic state, is located on the northwest coast of Borneo, bordered on the north by the South China Sea and has a population of approximately 350,000.

The U.S. CARAT Task Group, under the leadership of Commodore Little, is made up of the U.S. Coast Guard high endurance cutter Mellon (WHEC 717), the dock landing ship USS Fort McHenry (LSD 43), the guided missile destroyers USS Russell (DDG 59) and USS McCampbell (DDG 85), and the rescue and salvage ship USS Salvor (ARS 52). Other elements, including an SH-60 Seahawk and P3-C Orion aircraft, are also taking part in the Brunei phase of CARAT. Royal Brunei Navy ships participating include the missile gunboats KDB Waspada and KDB Seteria, as well as the coastal patrol craft KDB Pemburu and KDB Perwira.

Commodore Little's staff is based at San Diego, as is USS McCampbell. The cutter Mellon is homeported in Seattle. USS Russell and USS Salvor are homeported at Pearl Harbor, Hawai'i. USS Fort McHenry is part of the U.S. Seventh Fleet's forward-deployed naval force (FDFN) operating from Sasebo, Japan.

STA-21 application deadline approaching

Naval Service Training Command

Navy Region Midwest

Public Affairs

The Seaman to Admiral (STA-21) commissioning program is soliciting applications for fiscal year 2005. Deadline for applications is July 1.

The selection board will meet during September 2004, and the names of selectees will be announced by Navy administrative message (NAVADMIN) in October 2004.

The STA-21 program is the Navy's enlisted commissioning program that provides a pathway for qualified Sailors to receive a college education and become commissioned officers.

"The Seaman to Admiral 21 Program is an excellent pathway for outstanding Sailors to seek a commission and continue their

naval service, accepting greater responsibilities and challenges," said Rear Adm. Ann E. Rondeau, commander, Naval Service Training Command. "The program offers an opportunity to grow personally, academically and professionally," he added.

STA-21 is a full-time undergraduate education and commissioning program open to enlisted personnel of all pay grades and ratings who meet eligibility requirements.

STA-21 is designed to improve support for Sailors interested in earning a baccalaureate degree and a commission as a naval officer. Selectees are provided up to a maximum of 36 months of fulltime, year-round study to complete a baccalaureate degree.

However, preferential consideration will be given to those applicants requiring 24 months or less of full-time study.

Participants in the STA-21 program remain on active duty while

attending college, and benefit from an education voucher valued at up to \$10,000 per year to cover tuition, fees and book costs. STA-21 participants will become members of and drill with a local Naval Reserve Officer Training Corps (NROTC) Unit. Following degree completion, STA-21 participants will be appointed as ensign, U.S. Naval Reserve, on the active-duty list.

In addition to the \$10,000 per year voucher, Sailors receive their basic pay and basic allowance for housing, are eligible for advancement and many will be eligible for fleet housing units, as well.

Candidates may apply for either the STA-21 Core Option or one of the STA-21 Target Option programs. The STA-21 Core Option allows officer community assignment to an unrestricted line designator within the final year of college, based on the needs of the Navy, individual qualifications, aptitude, experience and prefer-

ences. A limited number of STA-21 Target Option billets are available for those interested in joining the following communities upon entry to STA-21: Nuclear (Surface or Submarine), Aviation (Pilot), Aviation (Naval Flight Officer (NFO)), Surface Warfare (SWO), Special Operations (SPECOPS), Special Warfare (SPECWAR), Nurse Corps (NC), Supply Corps (SC), Special Duty Officer (Intelligence), Special Duty Officer (Cryptologic) and Civil Engineer Corps (CEC). Those not selected for these Target Options will, if desired, be considered for the STA-21 Core Option. With the exception of Special Warfare and Submarines, STA-21 designators are open to both genders.

A limited number of selectees will be chosen to attend a three or six-month individualized program of study at BOOST School in Newport, R.I. to assist in the transition to college. Following comple-

tion of BOOST [Broadened Opportunity for Officer Selection and Training], they will attend the Naval Science Institute (NSI) enroute to their university assignment.

All STA-21 officer candidates will attend the NSI course at Officer Training Command, Newport, R.I. prior to beginning college studies at a NROTC-affiliated college or university. NSI is an eight-week course of intense officer preparation and indoctrination. Course enrollment is timed to allow college entrance during fall, spring or summer semesters/quarters.

For a complete list of requirements and more information on STA-21, see OPNAVINST 1420.1A, NAVADMIN 125/04, or visit the STA-21 website at <https://www.sta-21.navy.mil>. Sailors should consult with their command career counselor and chain of command for submission requirements and recommendations.



Hawai'i



Navy News Sports

Waipio takes state title at Pearl Harbor Tournament



U.S. Navy photo by JO1 Daniel J. Calderón

A member of the Kehei team winds up for a pitch during Sunday's Little League state championships. The teams were made up of players 9-10 years old.

Lacy J. Lynn
Staff Writer

Waipio Little Leaguers surpassed their competition in an undefeated win at this year's Hawai'i State Little League Baseball Minor League Division Tournament for 9- and 10-year-olds.

The annual event was hosted by Pearl Harbor, and ran June 16 June 20 at Lynch Field.

According to Sara Goodwin MWR sports director, this was Pearl Harbor's first year as host of the round robin competition.

"I think it's good that a military base is hosting this because of all that's going on in the world right now," said Goodwin.

Pearl Harbor's involvement in Little League goes back much farther than this year's tournament, however.

According to the Hawai'i State Little League Tournament Website, Little League Baseball was originally brought to Hawai'i via military bases, including Pearl Harbor.

Military installations began sponsoring leagues on Oahu as early as the 1950s when Hawai'i was



Photo courtesy of Dave Arpin, www.southpawpictures.com

Members of the participating teams in the Hawai'i State Little League Championships take time for a picture during the final round of the tournament. The Waipio team took first place as the undefeated champions this year.

still a territory and by 1960, the game had spread to the outer islands.

This year's play-offs at Lynch Field were the last stop for all six district-winning teams. The regional championships, which eventually lead to the Little League World Series, are reserved for the 11- and 12-year-old age group, explained Goodwin.

Winners and participants in the district tournament were recognized at an ending ceremony Sunday.



U.S. Navy photo by JO1 Daniel J. Calderón

A member of the Makakilo little league team dodges a wild pitch during Sunday's division tournament at Lynch Field.

Got Questions?

Write to us at hnn@honoluluadvertiser.com

GOT SPORTS?

email us at:
hnn@honoluluadvertiser.com



Feed me!



A baby finch gets a beakful of baby bird formula outside the Pearl Harbor Pass and I.D. office. Christine Alkhoury, who works at Pass and I.D., says her beagle found the tiny bird in her lawn June 13. With some advice from the Humane Society, Alkhoury has helped the bird quadruple in size over the last week and a half.

U.S. Navy photo by JOC(SW) Joe Kane

Y.Hata: Contract renewed for a year

Continued from A-1

were able to get buffalo meat through Y. Hata. That made an impression on me as far as what they were willing to do for customer satisfaction," Burgess said.

Burgess believes having a distributor who has met the challenges of providing food during RIMPAC is a benefit for the Navy.

"I remember during the last RIMPAC Y. Hata was preparing months in advance," said Burgess. "If they weren't prepared and a carrier were to pull into port it could wipe them out so they rented out local storage spaces, and contracted help from local vendors to help offset any possi-



U.S. Navy Photo by JO2 Devin Wright

CS2(SW) Pete Eala inventorys a new delivery of goods from Y. Hata & Company food distributor.

ble shortages," said Burgess. "So they are no stranger to supplying service members involved in an exercise of this

size with food," he said.

Y. Hata's contract with the Armed Services runs through June 18, 2005.